

GRAPPEVINE

VISITACION VALLEY

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SERVING OUR COMMUNITY

JANUARY 2002

A Calm Between the Storms in Visitacion Valley



Winter's first storms in Visitacion Valley (background) took a midday break in this view from San Bruno Mountain.

Gaoines Prices Continue to Plunge in Northern California

AAA reported Dec. 11 that every city in Northern California continued to see plunging gas prices as Saudi Arabia, the world's dominant oil power, forecast a price of between \$16 and \$17 a barrel for its crude for 2002.

In the past month, the average price for a gallon of regular unleaded self-serve gas in Northern California fell 19 cents to \$1.38, the lowest average price since March 1999. The Bay Area average is \$1.47, a 19-cent monthly drop and the lowest price since January 2000. Ukiah and Chico saw the biggest monthly decline, with prices plunging 27 cents to \$1.43 and \$1.20 a gallon respectively.

The cheapest gas in the Northern part of the state can be found in Fresno, where

the average price for a gallon a regular unleaded is \$1.07.

The California average dived 20 cents to \$1.24 a gallon.

"Decreased world oil demand as a result of reduced economic growth, as well as OPEC overproduction have resulted in swollen inventories, and sharply lower gas prices," said Bronwyn Hogan, AAA spokeswoman.

"These conditions should keep pump prices at these levels well into the New Year."

The national average fell 8 cents to \$1.11, a 43-cent drop since September.

"It's absurd to expect high oil prices in the current global conditions," said Alan Kovski, energy analyst. "Although

OPEC is determined to stabilize crude prices, if this quasi-agreement between itself and non-OPEC members doesn't work out, there is a bit more room for gas prices to keep falling."

According to the Department of Energy, U.S. oil demand would fall for the first time in a decade this year. The United States, as the world's largest energy consumer, will burn 19.7 million barrels per day (bpd) this year, 10,000 bpd fewer than last year.

Motor gasoline demand fell to 8.5 million bpd, the lowest level since the week ending October 5, according to the Energy Information Administration. Jet fuel demand was down by more than 15 percent from the same period last year.

More Than One Billion Dollars in HUD Grants for Homeless Largest Assistance in U.S. History

WASHINGTON - President Bush and Housing and Urban Development Secretary Mel Martinez on Nov. 20 announced more than \$1 billion in grants to provide housing and supportive services to hundreds of thousands of homeless families and individuals across America. The announcement represents the largest amount of homeless assistance in history.

President Bush and Secretary Martinez made the announcement at SOME, So Others Might Eat, a Washington, D.C. community-based, non-profit organization that provides meals, housing and other services to the homeless.

"I am pleased to join President Bush in announcing the largest amount of homeless assistance in our nation's history," said Martinez. "These grants will not only provide food, shelter and job training but also new opportunities to bring hope and encouragement to our nation's homeless. Time and time again we've experienced our country's great generosity when fellow Americans are in need - and this is a perfect time to show our support for local charities and community caretakers who serve the homeless."

In California, \$147.1 million was allocated to Continuum of Care, and \$18.3 million Emergency Shelter Grants (\$879,000 for San Francisco) for a total of \$165.4 million.

Organizations in the City receiving grants include: North of Market Senior Services, \$1,751,880; Tenderloin

Neighborhood Development Corporation, \$2,021,400; Community Housing Partnership, \$524,970; Mercy Charities Housing, California, \$454,518; San Francisco Department of Human Services, \$1,303,277; Community Housing Partnership, \$282,634; Hamilton Family Center, Incorporated, \$417,082; Episcopal Community Services, \$146,902; Goodwill Industries of San Francisco, Incorporated, \$302,750; Golden Gate Community, Incorporated, \$146,082; and three grants to the San Francisco Department of Human Services of \$1,010,880, \$898,560 and \$202,176.

The grants, part of HUD's Continuum of Care and Emergency Shelter Grant programs, will help the homeless to find emergency shelter, transitional housing and a permanent home. The funding announced today will go to state and local governments and non-profit organizations in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam.

More than 2,500 individual projects, over 90 percent of which are administered by non-profit organizations, will receive Continuum of Care funding and will assist more than 200,000 families and individuals to find housing and supportive services they need to move toward the goal of self-sufficiency. More than 1,300 projects will serve homeless veterans. In addition, more than 400 projects, awarded a total of \$133 million, will be operated by

faith-based organizations.

Two types of grants are being awarded:

Continuum of Care grants provide transitional and permanent housing opportunities. In addition, Continuum grants fund supportive services including job training, health care, mental health counseling, substance abuse treatment, child care and living skills training. Emergency Shelter Grants help convert buildings into homeless shelters, assist the operations of shelters and fund related social services and homeless prevention activities.

Most of the funding, more than \$941 million, will be awarded as Continuum of Care grants. These competitively awarded grants provide each community the flexibility to meet its own local homeless needs. Continuum grants assist communities in their outreach and assessment, emergency shelter, transitional housing and permanent housing.

HUD also distributes \$150 million in Emergency Shelter Grants to state and local governments by formula to create, improve and operate emergency shelters for homeless people. The funds may also be used to provide essential services including job training, health care, drug/alcohol counseling, child care and other homelessness prevention activities.

More than \$76 million of the Continuum of Care grants awarded today will go to the renewal of existing Shelter Plus Care projects which help pay

Garbage Recycling Program Storms Visitacion Valley

by Stephen Glumaz

Visitacion Valley residents placing trash curbside for pickup one November morning returned home from daily professional lives to find three garbage bins and recycling instructions awaiting them.

Mixed emotions stirred in the minds of Valley residents after learning Sunset Scavenger garbage collectors would no longer take their garbage in traditional trash cans or lawn bags the following collection.

Sunset Scavenger mandated Valley residents join other San Francisco and California households separate and discard their waste in new recycling containers for collectors.

The stink, some residents say, will be having three separate kitchen trash dispensers ready to aid in the recycling process garbage department personnel already get paid to separate at the dumpsite.

"I come to the peace of my own home after work to do someone else's job by separating my own trash, taking it down to the garage, and then putting it into separate bins, no!" said a Valley resident. "It's bad enough telemarketing solicitors and panhandlers all want your money, but my time is mine."

On the flip side, most Valley families and couples minus children found the new recycling program a smash after more room for waste became available.

"I noticed it saves our (garbage) space, and we can put more of certain things in each can," said a Valley resident, his wife and 3-children

by his side.

The garbage recycling bins are colored with stickered written and insignia instructions on them. Blue ones handle paper, tin/aluminum, glass jars and bottles, et al waste. Non-recyclable/non-compostables products such as light bulbs, busted cups and video cassettes get tossed into black bins Green bins are for yard trimmings, food scraps and soiled-food paper. They have wheels, so rolling them out to the curb can be a cinch.

According to a Sunset Scavenger recycling program representative, Valley residents are not obligated to participate in the recycling program. However, they must retain the black bin for all garbage and make arrangements to return the blue and green bins.

"With city meetings, public opinion and finished pilot testing, we went with an average 32-gallon size for most of the (Visitacion Valley) households," said a recycling program rep with Sunset Scavenger. "These bins were also chosen because of the many worker's compensation submissions due to employee back injuries."

How it works: Residents put the bins curbside and the truck comes alongside, attaches to the bin's metal handle, raises it into the air, and dumps the trash lessening an opportunity for a worker to hurt his or her back.

Less than 50-percent of San Franciscan's are recycling and Sunset Scavenger is being pressured to increase its environmental benefits, said Sunset Scavenger personnel.

San Francisco Recycling Up Nearly 10 Percent in One Calendar Year

The "city that knows how" is well on its way to making recycling history. New statistics indicate that citywide recycling and waste diversion went up almost 10% between 1999 and 2000, and that San Francisco is well on its way to meeting state-mandated fifty% total diversion.

The figures for the year 2000, which the Department of the Environment (SF Environment) is filing today with the California Integrated Waste Management Board, show that San Francisco generated 1,621,110 tons of waste material in 2000. Of this, 872,731 tons went into landfill, while 748,379 tons were diverted through recycling and reuse efforts. This represents a diversion rate of 46%, up from 42% in 1999 - a real increase in diversion of 9.5 percent.

"San Francisco's stellar performance in recycling is a testament to how much

the environment means to Bay Area residents," said SF Environment director Jared Blumenfeld. "We introduced several new recycling programs, and in each case the residents and businesses of San Francisco met the challenge."

One new program is the 'Fantastic Three' program, which provides three carts for curbside pickup for food and yard scraps; paper, cans and bottles; and non-recyclable waste. The Fantastic Three pilot program was rolled out to 16,000 homes, 700 apartments and 1,000 businesses in the Richmond District. On some routes, recycling increased by 90 percent.

"The amount of waste stream material generated in San Francisco last year was almost double the weight of the Golden Gate Bridge," observed Blumenfeld, "but once we've covered cans, bottles, paper and the basics of recycling, it becomes important to identify new areas of material to divert from the waste stream." The food scrap and yard trimming collection offered through Fantastic Three is the first time that this kind of service has been offered in San Francisco.

Commercial food scrap recycling has also proved to be a significant factor in San Francisco's improved recycling rate. To give restaurants and hotels an incentive to recycle as much as possible, they get a 25% discount off of the standard waste pickup-rate for food scraps and other compostables.

San Francisco has the most successful food-recycling program of any city in the country, with more than 50,000 households and 1000 businesses participating.

The City diverts more than 37,000 tons of organic waste per year, and is on target to increase that amount to over 77,000 tons. San Francisco's parks and open spaces divert 20,000 tons of park landscape trimmings, logs, and other organic materials.

"The success of Fantastic Three and our commercial food scrap and organic waste collection programs put us in position to hit 50% diversion, possibly as early as the end of 2002," said Blumenfeld. "From there, we move our goal to zero waste."

State law requires that cities in California recycle, reuse, or otherwise divert at least 50% of waste stream material from landfill by 2000. SF Environment has applied to the Waste Board for a three-year extension, and expects the extension to be granted.

Grapevine Mailbox

Purse Snatch Robberies

Dear Residents:

There has been a significant increase in purse snatch robberies over the past months. This increase is due in large part to it getting darker earlier. Unfortunately, we can expect this trend to continue throughout the winter months. So, I'd like to take this opportunity to review basic safety tips in hopes of minimizing your chance of falling victim.

1. Avoid keeping large sums of cash in your purse or backpack. When you do have to travel with money, place it in a pocket.

2. Whenever possible, travel with a companion.

3. Trust your instincts. If you are uncomfortable in a situation, leave the area. Generally, your instincts are correct.

4. If you are a victim, remember that the best tactic is often to comply. Try to remember distinctive features of the person and call 9-1-1.

Captain Marsha Ashe
Ingleside Police District

Slightly Distracted

The Grapevine recently received this correspondence by e-mail:

I have recently been diagnosed with AAADD...that's Age Activated Attention Deficit Disorder.

This is how it goes...I decide to change the oil in the car, I started to the garage and noticed the mail on the table. OK, I'm going to work on the car....

But first I'm going to go through the mail. So, I lay the car keys down on the desk. After discarding the junk mail, I

notice the waste can is full. OK, I'll just put the bills on the desk....

But first I'll take the trash out to the trash can, but since I'm going to be near the mailbox, I'll address a few bills....yes, now where is the checkbook? Oops....there's only one check left. Where did I put the extra checks? Oh, there is my empty cup from last night on the desk. I'm going to look for those checks....

But first I need to put the cup back in the kitchen. I head for the kitchen, look out the window, notice the flowers need a drink of water, I put the cup on the counter and there's my extra pair of glasses on the kitchen counter. What are they doing here? I'll just put them away....

But first, I need to water those flowers. I head for the door and....Aaaagh! Someone left the TV remote in the wrong spot. OK, I'll put the remote away and water the flowers....

But first, I need to find those checks....

By the end of the day: The oil in the car has not been changed, the bills are still unpaid, the cup is still in the sink, the checkbook still has only one check left, I've LOST my car keys....and, when I try to figure out how come nothing got done today, I'm baffled because....

I know I was busy all day!!

I realize this condition is serious....I'd get help....

But first I think I'll check my e-mail.

By the way, the doctor told me that this disease is highly contagious and that it can be transmitted by e-mail. So if you want to avoid AAADD, don't read this e-mail. (I meant to put this warning at the beginning of the message but I got distracted....Sorry!)

Putting the Brakes on Dangerous Driving

Safer driving starts with your car's brakes. A vehicle's ability to stop is vital to the safety of both the car's driver and its passengers.

There are telltale signs that may indicate the need to repair or replace a car's brakes.

These signs include:

*The car pulling to one side when braking instead of stopping in a straight line,

*Brakes grabbing, causing jerky stops,

*The brake pedal is either mushy or very hard to depress,

*The brakes must be pumped to work,

*Wheels are excessively hot after short drives,

*Low or dirty brake fluid,

*Brake fluid leaks are seen around any wheel or in the engine,

*Brake warning light comes on,

*Squealing or grinding noise when brakes are applied,

*Pedal pulsation when brakes are applied and,

*Vehicle fails to roll easily in gear with brake release.

If any of these symptoms occur, it is important to take your vehicle to a trusted automotive service center, to be inspected and if necessary, repaired. Since newer cars use a complex braking system consisting of friction material, rotors and drums, calipers or wheel cylinders and an intricate assembly of springs, hoses, steel lines, valves, and sometimes sensors and computers, it is important to have the car inspected by well-trained and certified technicians, such as those found at Pep Boys.

Your vehicle will receive a comprehensive diagnostic inspection that checks both the condition of your brakes as well as the supporting system. At Pep Boys, a free brake system check includes the inspection and measurements of pads and linings for wear and a visual inspection of the master cylinder, hoses and lines and measurement of drums and rotors.

How Not to Get Slammed

After a hard day's work, you go home to your family for dinner. Just as you sit down, the phone rings.

It's a telemarketer, as usual, calling at the most inopportune time, inquiring about your satisfaction with current telephone rates. You're offered all kinds of perks-free minutes, money, gift certificates, etc. Politely you tell the person you're not interested and hang up. A month later you get your bill and don't recognize the name of the company charging you off-the-wall rates. If this scenario is familiar to you, you've been slammed.

The ways most consumers are switched vary, so be careful. Any offer that sounds too good to be true probably is. Say no to any offer you may be skeptical of. You can always decline, and call the company back to verify whether the offer is legitimate.

Always read the fine print of that contest or sweepstakes you sign up for. You may be agreeing to switch your telephone service. And don't be fooled by organizations conducting a survey. In some cases, if whoever answers the phone says yes to any of the questions, the answers are taped and presented later as proof of authorization.

If you've been slammed, you have options. But, first, call the company that slammed you and dispute the switch. The company's number should appear on your bill.

If you have paid your bill and later discover you've been slammed, don't worry. The slamming company must pay your authorized company 150 percent of the charges it received from you. For example, if you were charged \$100 by the slamming company, that company will have to give your authorized company \$150, and you will receive \$50 as a reimbursement.

AT&T recommends its customers call its slamming resolution center, which provides dedicated service representatives 24-hours a day, seven days a week to resolve any consumer slamming complaints involving AT&T at 1-800-538-5345. Or call your local public utilities commission or the Federal Communications Commission at 1-800-876-7060.

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Handling a Crisis Teaches Us Some Important Lessons

by CA Attorney General Bill Lockyer

A crisis such as occurred in America on September 11 can divide us, or draw us together and make us stronger.

California's parents and teachers play an important role in shaping the lessons young people learn from traumatic events. These lessons can help prevent hurtful behavior that frays the bonds that hold us together and prevent future violence.

Through the School/Law Enforcement Partnership, a joint effort between the California Department of Justice and the California Department of Education, schools are sharing effective strategies to help students deal with a crisis in a way which will positively shape their character.

The San Diego County Office of Education has compiled "After Crisis Tips" to assist administrators, teachers, students and parents cope with a traumatic event and use the event as a lesson for growth. While these suggestions were prepared for the aftermath of September 11, I believe that they can serve as an important prevention tool to deal with any future crisis in a constructive manner.

The Office of Education recommends that administrators establish a positive atmosphere of caring and support, be highly visible throughout the day and make sure security is on heightened alert. They should be aware of race and ethnic relations on campus, to avoid groups becoming scapegoats. They should check in with teachers and staff on a routine basis and provide rooms for staff and students to discuss the tragedy.

Teachers play a critical role in making sure that students feel safe in schools and classrooms. Teachers can share the school's safety plan with students and have a School Resource Officer or other uniformed police officer visit the classroom. They can explain the signs of stress, which may include students' inability to focus, behavioral changes, anger, withdrawal and depression, appetite changes, change in sleeping patterns and inappropriate behaviors.

Teachers can lead a discussion on what types of natural emotions may occur during or after a crisis, and help guide students to discuss appropriate and inappropriate reactions. For example, episodes in history can be used as lessons to avoid taking out anger on the innocent, such as when innocent Americans of Japanese ancestry were forced into internment camps after the bombing of Pearl Harbor. Teachers can show young people how to help themselves by helping others.

Students can engage in activities which will help them cope and learn, such as journal writing, drawing, prayer, talking to friends or a trusted adult, physical activities and expression of feelings. To assist others, students can sponsor a community drive, donate blood, raise funds for a good cause, set an example of positive behavior and reach out and be supportive of their peers.

Parents can pay particular attention to their child's emotional needs at this time, reinforce that they are safe and encourage many of the above activities. If bullying is reported, they can approach the child's school counselor to arrange a confidential mediation between the bully and the victim, with their respective parents present. Parents can assist in encouraging their children to help others who are bullied or harassed.

Most importantly, teachers and parents serve as role models. Young people look to them to see how they behave and how they treat others in trying times. Adults, by demonstrating strength of character and compassion, can help show youth how to unify, not divide, the human family.

For further information on helping youth grow from crises, please contact Wayne Sakamoto, Safe Schools Coordinator, San Diego County Office of Education at (858) 292-3569, or my Crime and Violence Prevention Center at (916) 324-7863.

Education that Ignites the Fires of Freedom

by Father Val J. Peter, JCD, STD

In the midst of these dark days after September 11, Americans are asking themselves how they can advance the cause of freedom.

Many things can be done, but one of the most important is educating our children. This is the first and best defense of freedom.

Since the terrorists struck, a remarkable thing is happening across this land. For the first time in decades, children are showing interest in events outside their own egocentric little worlds of teen culture. Our children are asking parents and teachers questions. They are willing to and want to learn.

So what do we teach?

Unfortunately, we have a generation of school children who know almost nothing of our country's heroes and their sacrifices to preserve our freedom. They know little of the history defining the actions of these heroic men and women.

There are two factors that play a part in this problem. The way history is taught to our children and Internet plagiarism.

Often, parents and educators teach the negative side of our history. The average American History text is too often the litany of the foibles, errors and mistakes of our beloved country-things like stealing land from Native Americans, slavery and treating women unfairly.

While it is important to learn from these mistakes, many times it excludes teaching anything good our nation has accomplished. Most parents and teachers prefer to teach in a more positive manner. However, they did not write the textbooks.

The other factor is Internet plagiarism.

Here's Some Heartening News About Aspirin

When it comes to combatting America's number one killer, one of the most powerful weapons may already be in your home. The killer is Cardiovascular Disease (CVD), and the answer, in many cases, may be low-dose aspirin.

According to the U.S. Food and Drug Administration, studies have shown that aspirin can reduce the risk of a second heart attack or stroke. Studies are underway to see if aspirin can prevent a first heart attack or stroke; some doctors recommend aspirin to certain patients who are at risk.

It's important to talk to your health professional before taking aspirin for CVD prevention.

Here are some frequently asked questions and answers about aspirin:

Q. Are all pain killers, or analgesics, the same?

A. No. There are many types that work in different ways in the body. Some are more appropriate than others for certain conditions.

Q. How do I know which analgesic is right for me?

A. Talk with a health professional: doctor, nurse, or pharmacist.

Q. Do other pain killers reduce the risk of heart attack or stroke?

A. Only aspirin (salicylic acid) has been proven effective. Read the label to

make sure you are taking aspirin.

Q. Can I take just any aspirin?

A. Consult your health professional. There are different varieties of aspirin. For example, enteric-coated aspirin is designed to dissolve more slowly to avoid stomach upset. Buffered aspirin contains antacids to neutralize the stomach acid that causes upset. Read the labels.

Q. What's the right dose?

A. Studies suggest a low dose (81 mg. a day). Most aspirin come in 325 mg. or 500 mg. doses. Look for a product with the dose recommended by your health professional.

Q. What about side effects or interactions with other medicines?

A. As with any medication, you should tell your healthcare provider about any over-the-counter and prescription medicines and dietary supplements (vitamins, minerals, herbs) you take. Certain medications and dietary supplements may interact with aspirin and cause serious problems. Always read the labels of all your medicines to check for side effects and interaction warnings.

This advice comes from the experts at the National Consumers League. You can learn more on the Web at www.nclnet.org.

Metal of the Future for More Than 85 Years

In the musical Annie, the orphans are told to scrub the floor until it "shines like the top of the Chrysler Building." There's a reason that this landmark, erected in 1930, continues to glisten today.

Then: In 1913, British metallurgist Harry Brearley was experimenting with alloys for rifle barrels. He was attempting to concoct corrosion-resistant materials and happened upon one that was resistant to vinegar. It occurred to Brearley that such a metal would be perfect for cutlery, and he set about convincing people that his "stainless steel" was the metal of the future.

The new material was quickly adapted to World War I fighter planes, making the exhaust valves of Sopwith Camels both reliable and classy. From there, stainless steel made appearances in St. Paul's Cathedral, Rolls Royces, the S.S. Queen Mary and the top portion of the Chrysler Building in New York City.

Now: Today, stainless steel appears in a variety of products and applications. The aerospace and automotive industries continue to rely on stainless steel's corrosion resistance and ability to withstand temperatures from above

boiling to below freezing. Expanding on the ideas of their predecessors, building and residential architects

continue to exploit the natural beauty and workhorse quality of stainless steel by finding creative ways to use it on the exterior of buildings and homes as well as incorporating it into interesting interior applications. And Brearley's metal of the future continues to be just that. It has quickly adapted itself to the new world of high technology and wireless communications. Stainless steel can be found in computer diskettes, fiber optics, and numerous other new age applications.

Lately, home kitchens have been following the lead of the professionals. Just about any cookware is available in stainless steel. From blenders to trash cans to bread boxes to toasters, there is a shiny version of just about any kitchen item.

To learn more about stainless steel, visit the Web site at www.ssina.com or to receive a free copy of the Designer Handbook: Stainless Steel for Residential Applications, write: Specialty Steel Industry of North America, 3050 K Street, N.W., Washington, D.C. 20007; call: 800-982-0355.

From the DA's Office

Old Republic Penalized Additional \$1.7 Million

San Francisco Superior Court Judge Stuart Pollak has ordered Old Republic Title Company to pay \$1.7 million in civil penalties to San Francisco and to the State of California for illegal business practices employed during the mid-1990s.

The civil penalties are ordered conditionally and become effective only if other penalties, ordered in 2001, should be overturned on appeal. The additional award came after government prosecutors argued for penalties to be assessed under California's Unfair competition statute.

Judge Pollak reviewed the State Controller's records and other evidence to determine that Old Republic illegally took money out of dormant escrow accounts and kept it as income in some 10,000 instances. Each taking, Pollak found, netted an average of \$173.18. Under California law, Old Republic should have sent the money to the Controller where it would be held for payment to those to whom it belongs.

In an earlier phase of the case Judge Pollak had ordered restitution and fines totaling more than \$50 million. The final tabulation, including amounts paid "voluntarily" by Old Republic, is more than \$54 million. The money will pay restitution to victims of Old Republic, and the remainder will go to San Francisco and the State of California.

District Attorney Terence Hallinan and City Attorney Louise Renne initiated the case against Old Republic – one of the nation's largest title companies – in 1998 on behalf of victimized consumers. Private attorneys also filed suit, and the public and private suits were tried together.

Pollak signed the final judgement on Nov. 21, 2001. Consumers who lost interest on their escrow accounts were awarded \$14,055,285 in restitution (principal and interest). Another \$2,163,831 was awarded for civil penalties in connection with certain unearned fees charged by Old Republic in connection with wire charges and the recording of documents.

The City of San Francisco, acting as a "whistle blower" on behalf of the State, additionally alleged that Old Republic's failure to escheat all the dormant funds in the escrow files to the Controller exposed it to treble damages under the State's False Claims Act. Judge Pollak agreed with the City and found that the state had been damaged in the amount of \$22,704,237. San Francisco was also awarded \$7,568,079 as its share of the net false claims damages.

Guilty Verdict in Double Homicide

After only four-and-a-half hours of deliberation, a San Francisco jury on Dec. 19 found Ronnie Seymour guilty on two counts of first-degree murder in the Sept. 21, 1995 shooting deaths of Gloria and Nadga Schexnayder.

Assistant District Attorney James Hammer prosecuted the case. The trial, presided over by Superior Court Judge James Warren, took six weeks, plus two weeks of DNA hearings.

Stuart Hanlon, Bick Barlow and Geoffrey Rotwein represented Seymour, whose claim to be not guilty by reason of insanity will be the focus of a separate trial scheduled to begin Jan. 7, 2002.

SFDA Settles 1992 Drug Forfeiture Case

Almost 10 years after San Francisco police discovered \$1.5 million worth of cash, jewelry and other valuables – as well as weapons and large amounts of cocaine and marijuana – at Western Addition apartments occupied by Solomon Mohamed and Paula Polite, a distribution of the confiscated property, plus interest, has been negotiated by the District Attorney's office.

Under the terms of the settlement, the IRS will get \$1,084,732 for unreported back taxes. The SFPD will get \$761,000 plus a 1978 Porsche and a 1991 Suburban. SFDA will get \$134,000. The state of California will get \$99,000 for anti-drug and anti-gang programs.

Mohammed and Polite were arrested in March 1992 and subsequently pled guilty to possession of marijuana for sale. Mohammed was sentenced to four years in state prison. Polite got probation, 340 days in county jail, and a \$12,500 fine.

Do You Fit the Mold of a Responsible Driver?

Today, there are more than 111 million wireless phone users in the country - 85 percent use their wireless phones while driving - chances are you are one of them. When behind the wheel, responsible driving should be your top priority. Verizon Wireless is committed to promoting the responsible in-vehicle use of wireless phones through its "Drive responsibly. Call with care." initiative. Test your driving responsibly IQ:

1. When should you take notes or write down phone numbers while driving?
 - A. Never
 - B. Only during daytime
 - C. Only during nighttime.
2. What phone numbers should you preprogram with one-touch dialing so you can focus more attention on driving?
 - A. 9-1-1 only
 - B. Any frequently called numbers
 - C. Home only.
3. When is it appropriate to use hands-free technology, such as a headset, when driving?
 - A. Always
 - B. Only for calls that are sure to be stressful
 - C. Only during unusually heavy traffic conditions
4. If traffic conditions warrant your undivided attention, you should...
 - A. Focus on the road-safe driving is your first responsibility
 - B. Let calls go to voicemail or activate Call Forwarding
 - C. A and B
5. While driving on the highway, if you see a car accident, what should you do?
 - A. Dial 9-1-1 SEND from your

Popcorn Fun Facts

Did you know?

*According to the Guinness Book of World Records, the world's largest popcorn bag was filled in 5 hours and was 784 cubic feet.

*If you made a trail of popcorn from New York City to LA you would need more than 352,028,160 popped kernels!

*Anthropologists found popcorn kernels more than 3,000 years old in an Arizona cave and when tested with heat, the kernels still popped!

*According to American movie theater managers, more popcorn is sold during the showing of scary movies.

*In the 1920s popcorn was banned at most movie theaters because it was considered too noisy!

*In 1945, Percy Spencer discovered that when popcorn was placed under microwave energy, it popped; this led to many experiments with other foods, and ultimately led to the birth of the microwave oven!

*During World War II, sugar was sent overseas for American troops. As a result, the States experienced a shortage of sugar needed for the production of candy. Because of this unusual situation, Americans consumed three times as much popcorn as usual! NAPS

Trucks are not built with the same type of energy-absorbing bumpers as cars. When a truck hits a car from behind, the results are all-too-often deadly.

*See Your Way To Safety - If you

follow too closely behind a large commercial truck, you may not be able to see a safe distance up the road.

That can turn normal situations-such as a slowdown in traffic or debris in the road-into a braking emergency. If you are on your cell phone or otherwise distracted, this situation

could turn into a medical emergency.

*Stay Out Of The "NO-Zone" - Trucks have much larger "no-zones," or blind spots, than cars. If faced with a potential collision, a truck driver may veer into your lane, without knowing you are there. Always assume that if you cannot see the truck driver he cannot see you.

*Keep Safe On The Side - Nearly 2,000 people die each year in highway shoulder collisions. If you break down or pull over on the highway shoulder,

it is important to understand the dangerous position you and your passengers are in. Avoid highway

shoulders whenever possible. Try to exit from the roadway-even if it costs you a tire or a rim. If you are unable to exit the highway, consider whether you are safer inside or away from your vehicle.

*Buckle Up - Buckling your seatbelt may be the single most important thing you can do to save your life in a crash. A seatbelt will help you stay in your seat,

where you can maintain control of your vehicle. The safest place for kids is buckled up in the back seat in a car seat.

For more information visit

www.sharetheroadsafely.org or

passengers are in. Avoid highway

www.fmcsa.dot.gov. NAPS

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Pat Crocker: Director

ASK DR. PEARLE

VISITACION VALLEY GRAPEVINE - JANUARY 2002 - 3

potentially harming unprotected eyes over even a brief period of time. Clouds may block brightness, but still allow 80 percent of UV light to reach eyes and skin.

In sunny conditions, babies and young children are more susceptible to UV damage because they have translucent corneas and lenses. Protect them with brimmed hats.

Take preventive measures now. Visit the independent doctor of optometry at or next to the Pearle Vision near you for more information on protecting your eyes from the sun.

When choosing sunglasses, which is more important, a dark tint or UV protection?

"The darker the lens, the better the protection" is a common misconception. Actually, dark lenses without UV protection can cause more damage than not wearing sunglasses at all.

Wearing dark lenses without UV protection causes the pupil to dilate, allowing more harmful light into the eye. Keep in mind that the primary function of sunglasses is to protect the eyes from harmful ultraviolet rays. Dark lenses with adequate UV protection will protect your eyes.

While shopping for your next sunwear purchase, check with your eyewear professional to find out how much UV light the sunglasses block. For optimum protection, look for lenses that block 99 to 100 percent of UV rays. UV rays are strongest between 10 a.m. and 3 p.m., and are stronger at high altitudes and closer to the equator. The reflective qualities of sand and water amplify the effects of UV radiation.

NAPS

Safety Experts Give Their Advice on Sharing the Road Safely

could turn into a medical emergency.

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you a tire or a rim. If you are unable to

exit the highway, consider whether

you are safer inside or away from your

vehicle.

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134

The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.

Sunday Worship Service: 10:30 a.m.

Wednesday Bible Study: 11:00 a.m.

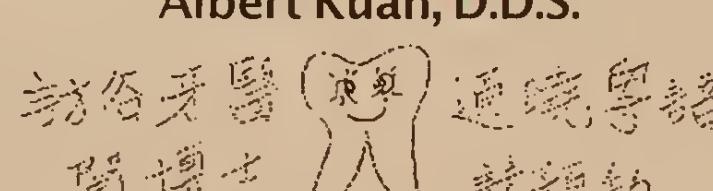
Friday Bible Fellowship: 7:30 p.m.

Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

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Book Reviews

Understanding Animals

A magnificent new book brings the rich beauty and diversity of the world's wildlife home to you.

Published in association with the Smithsonian Institution, the world's largest museum and research complex, Animal: The Definitive Visual Guide to the World's Wildlife celebrates the animal kingdom with over 3,000 dazzling color photographs and profiles of over 2,000 species—all thoroughly researched by a team of 70 leading zoologists and naturalists. With its fresh, engaging design, stunning photography, and 624 pages teeming with fascinating facts, this unique collection explores everything from evolution, life cycles, and behavior to the varied habitats of the world. Special attention is also given to conservation issues and concerns.

A visual treat and thought-provoking resource for the entire family, Animal sets a new standard in home reference. Packaged in a handsome gift box and accompanied by a free CD-Rom, Animal makes an ideal holiday gift for anyone intrigued by the world's wildlife. Animal is available wherever books are sold or by calling 1-877-DIAL-DKP (342-5357).

Recipe for Living Well, Eating Right, Loving Life

From the time she was a little girl, food played a central role in singer Gladys Knight's life.

In her book, At Home With Gladys Knight: her personal recipe for living well, eating right, and loving life (American Diabetes Association, \$16.95), Knight explains how one of her favorite childhood treats was eating doughnuts at midnight, and how every family get-together was a celebration of southern cooking. As a result, her battle with the bulge began early in life.

More than wanting to be slim and strong-to look good and sound great on stage-Knight was concerned about healthy living for herself and her children. Her mother was diagnosed with

diabetes at the age of 30.

Working with a personal trainer, the entertainer finally found a plan that she could stick to. Now the grandmother of 10 is looking and feeling great. In her new book, she shares her plan.

Although Knight was quite fond of doughnuts and deep-fried foods, she learned to make small improvements, gradually incorporating more vegetables into meals and substituting chicken for red meat. She also found that it helps to eat small meals throughout the day, because it doesn't raise your blood sugar so high and you don't store fat.

Knight learned from first-hand experience that fad diets and strict eating programs may help you shed a few pounds quickly, but the results never last. Regular exercise is the best for

looking and feeling good. Any form of activity can work—dancing, fishing, walking all burn calories. There is no one size fits all road to fitness, says Knight, who likes tennis, aerobics, weights and stretching, but had to slowly work up to this regimen.

In the book, Knight also includes dozens of her own favorite recipes that are not only healthful, but delicious, such as Spicy Apple Salsa, Chocolate Almond Smoothie, Curried Tuna and Fruit Salad, Old Time Beef Stew and Banana Bran Muffins.

The kitchen-tested recipes include ADA exchanges and are approved by leading dietitians.

The book can be ordered toll-free from the American Diabetes Association at 1-800-232-0735 or through amazon.com.

NAPS

Organic Foods: You Are What You Eat

What is in the food we eat? Are you unwittingly feeding antibiotics or synthetic pesticides to your family? What about genetically modified foods? According to a recent study, more than three-quarters of Americans say they have no idea what ingredients are in their daily diets.

The "Walnut Acres Certified Organic Futures" study shows that the majority of consumers (79 percent) are concerned about the safety of their food. Fueling their food fears are the threat of Mad Cow disease, genetic modification and residues of growth hormones, antibiotics, man-made fertilizers and synthetic pesticides. The survey was commissioned by Walnut Acres certified organic foods and beverages.

What are consumers doing to combat their fear? More than six in 10 Americans (63 percent) believe organic food and beverages are both better and more healthful for them than non-organic items and almost one out of every two (48 percent) are purchasing organics when food shopping. Forty percent believe organic food will be a bigger part of their diet within a year, and that number leaps to 50% when asked about eating habits over the next five years.

In 2002, the new U.S. Department of Agriculture national standard for certified organic foods will take effect.

The new standards ensure consistency in all organic products, regulating which products can be called "organic" and defining acceptable organic farming practices and food production. Consumers buying organic foods will feel confident knowing that only foods containing 95% or more organic ingredients will be easily identified by the "USDA Organic" seal on the label.

With an abundance of organic products already available at supermarkets across the country, Americans don't have to wait to integrate organics into their daily diets. Today, shoppers can easily find everything from organic pasta sauces to fruit juices, and from organic cotton clothing to organic skin care products.

There are even organic snacks. Walnut Acres, America's original organic brand, recently introduced a delicious and certified organic way to dip chips with certified organic salsas. The new Walnut Acres salsas—available in Midnight Sun, Sweet Southwestern Peach and Fiesta Cilantro—deliver vine-fresh flavor and naturally pure ingredients and comply with the new USDA standards.

To learn more about certified organic products or to request a free "Guide to Certified Organic Foods and Beverages," visit www.walnutacres.com.

Survey Warns to Beware of Workplace E-Mail

"Smoking gun" e-mail is so common in workplace lawsuits that almost 10 percent

of companies have been subpoenaed to produce employee e-mail. And eight percent have battled sexual harassment and/or discrimination claims stemming from e-mail and Internet abuse.

The 2001 Electronic Policies and

Practices Survey from the American Management Association, U.S. News & World Report, and The ePolicy Institute, www.epolicyinstitute.com shows employers are aware of dangers in workplace computer use and are acting to reduce electronic liabilities.

Of 435 employers surveyed:

*51 percent have disciplined/ terminated staff for violating ePolicy.

*36 percent have disciplined employees for visiting porn sites.

*35 percent have retention/deletion policies.

*10 percent have had e-mail subpoenaed.

*8 percent have faced e-related sexual harassment/discrimination claims.

NAPS

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Advanced Technologies Help Drivers Focus on Road

The National Highway Traffic Safety Administration (NHTSA) reports that driver distraction is a factor in at least 26 percent of all "tow-away" collisions. Many actions potentially can cause a driver to turn his or her attention away from the task of driving the vehicle: grooming oneself, eating or drinking, reaching for the radio controls, or using a cell phone.

Experts agree that sorting out the primary causes of these kinds of accidents will take additional crash-related data and research.

In the meantime, intelligent transportation systems (ITS) technologies already are helping to increase driver focus and safe driving and will help even more in the near future, according to the Intelligent Transportation Society of America (ITS America).

"ITS America strongly supports well-designed ITS technologies that help drivers to focus on driving and maintain control of their vehicle," Harold Worrall, executive director of the Orlando-Orange County Expressway Authority in Orlando, Fla., and a member of ITS America's Board of Directors, recently told a congressional subcommittee looking into driver distraction.

Forward collision warning, night vision enhancement, and drowsy driver detection systems are some of the advanced technologies already providing safety benefits, he said.

Manufacturers automatically disable some advanced technology functions and features if they are deemed too complicated to use while driving. For example, some in-vehicle navigation systems will not allow drivers to manipulate the controls to select a destination while the vehicle is in motion.

Other manufacturers are developing intersection, road-departure and lane-change collision avoidance technologies, while rear-end and forward collision avoidance technologies already are helping cars and trucks sense the presence and speed of vehicles and objects in their lane of travel.

"Any regulatory decisions concern-

ing the use of in-vehicle devices should be based on sound science and not anecdotal information," says Worrall. "There is very little substantive research to assist lawmakers and regulators in crafting public policy and drafting guidelines to protect the public. We need more solid research."

Currently, NHTSA and Transport Canada are conducting a study on a test track comparing the potential for driver distraction of dialing a phone, tuning a radio and retrieving e-mail when done manually or by voice activation. Another NHTSA study is looking at the difference in the level of distraction when using hand-held versus hands-

free cell phones in real-world driving conditions. And ITS America has formed a special board-level task force to work with automakers and other groups on increasing driver focus.

ITS America is an educational and scientific public-private partnership of 600 member organizations promoting the use of advanced technologies in surface transportation. For additional information on intelligent transportation systems, contact: ITS America, Suite 800, 400 Virginia Ave. SW, Washington, DC 20024-2730, call (202) 484-4581, or visit the ITS America Web site at <http://www.itsa.org>.

NAPS

How To Get A Good Night's Sleep Naturally

by Richard Huemer, MD

"Sleep that knits up the ravell'd sleeve of care" was Shakespeare's poetic take on sleep. He also called it "balm of hurt minds" and "chief nourisher in life's feast." Yet for too many, sleep is elusive.

A common medical complaint, insomnia is not a simple disorder, but a symptom with many causes. Depression, anxiety, stress, medications, poor diet, and age can rob bodies of sleep. Vital to the optimum function of the body and the brain, the definition of a good night's sleep is waking fully alert in mind, refreshed in body and renewed in spirit.

There are two phases of sleep. Phase one is Non-REM. In this stage of sleep the senses shut down, body movements still, and brain activity slows and regulates. Sleep deepens until reaching its deepest level, Delta sleep. This is the time when the body does most of its repair.

Phase two is REM (Rapid Eye Movement). REM is when the most intense dreaming occurs and the brain rejuvenates. REM completes the sleep cycle and occurs four or five times during the night.

Many prescription medications tend to block REM. Using certain all-natural ingredients, however, one may get the complete rest needed to replenish the mind and body without negative side effects.

Natural Sleep

The Kava kava root affects sleep by modulating the action of Gamma Amino Butyric Acid (GABA). Found

naturally in the body, adequate amounts of GABA can produce a calming effect.

Valerian root is a non-narcotic, natural sedative with a calming effect on the central nervous system. This root is also believed to act through GABA.

Calcium stimulates; magnesium relaxes muscles. Together they can regulate the constriction and relaxation of blood vessels, which helps promote a healthier cardiovascular system.

Niacinamide, a form of vitamin B3, is needed for serotonin, another key neurotransmitter that carries messages between the brain and other parts of the nervous system, helping to increase REM Sleep.

These are just some of the natural herbal and nutritional substances that may help to produce a much-needed deep and restful sleep without the negative side effects of certain drugs.

As with many of his words, Shakespeare's thoughts on sleep remain true. Without a good night's sleep, without dreams, we lose the rejuvenating effects on physical and mental well-being that allows us to live our days to their fullest.

To learn more about naturally supporting your sleep needs, as well as other natural pathways for healing, get a free subscription of the "Journal of Natural Health" by calling (800) 858-0228, Monday through Friday 8:30 am to 5:00 pm, Pacific Time, or visit www.whitewing.com.

NAPS

How to Be Prepared for Collision Repair

No one plans for a car accident, but preparation can be key to a better vehicle repair experience, especially collision repair. Here are some answers to common questions asked by first time accident victims.

The accident has made it impossible or dangerous to drive my car. Whom can I call for help?

Commonly, vehicle owners arrange for a tow truck through their insurance carrier's roadside assistance plan. Drivers of new and/or leased vehicles should also consider their vehicle's original equipment manufacturer (OEM) emergency roadside assistance plans. The OEM roadside assistance plans' coverage matches or is often more inclusive than the insurance companies' counterparts.

Where should I get my car repaired?

One of the most critical aspects of collision repair is getting the vehicle returned to "pre-accident condition." To accomplish this goal, your auto dealership may be the best point of reference, though it is likely your insurance company will also make recommendations. You have the final say in where your car gets repaired, though. Take the time to ask around and select the dealership or body shop with the best references.

How do I know my car is getting repaired properly and affordably?

During the collision repair process you will have to make several choices, especially about the parts used to repair your vehicle (commonly known as "crash parts"). Crash parts are defined as the sheet metal and plastic components most often damaged in accidents, such as fenders, hoods, bumpers and doors. OEM (original equipment manufacturer) crash parts are made by or for vehicle manufacturers, and are the same as the parts installed on new vehicles.

There are also aftermarket parts (unauthorized imitations of OEM parts), salvaged parts removed from "totaled" vehicles, and reconditioned parts. Your insurance company may specify any of these listed parts for your repair but you can request that your car be repaired with specific parts.

To make the choice that's right for you, consider these facts:

*Testing by a variety of manufacturers and independent firms consistently confirms that OEM crash parts outperform aftermarket crash parts in all critical quality areas, including fit, finish, structural integrity, corrosion protection and dent resistance.

*OEM crash parts are the same as those used on new vehicles, which meet all Federal Motor Vehicle Safety Standards (FMVSS).

*Damage to adjoining or adjacent parts and/or system, caused by a substandard aftermarket crash part, is not covered by vehicle manufacturer warranties.

Will I get my car back quickly?

The speed with which your car is repaired will depend on the severity of the accident. Reading the collision repair estimate carefully can speed up the process considerably. Collision repair estimates can be confusing, so ask for explanations of all the abbreviations, acronyms or terms that you may not fully understand. If you are offered a repair payment check immediately at a drive-in claim center, don't cash it until you review the estimate with the collision repairer to be sure the check covers all repairs.

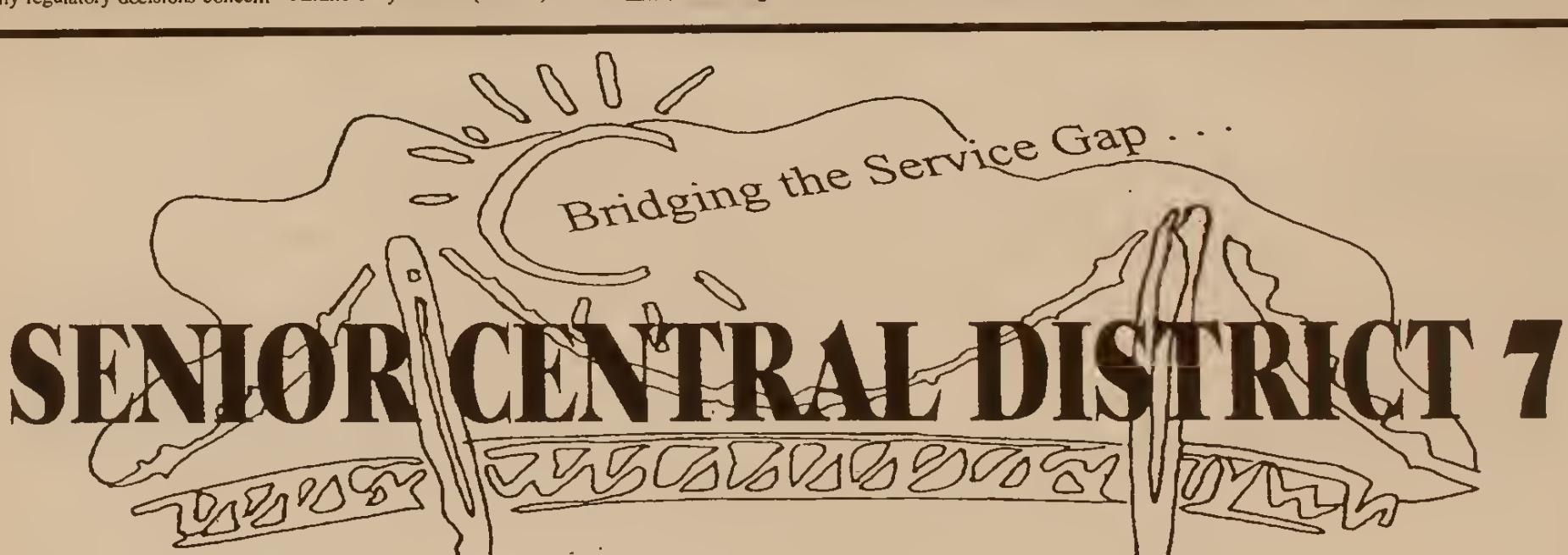
Using OEM parts can also save you time and money. A survey conducted by Industrial Marketing Research (IMR) found on average

that using aftermarket parts increases repair time by 26 percent because of their poor fit. Increased repair time leads to more time without your vehicle and increased rental car bills.

So what's the bottom line? If you need collision repair, know your rights. Select a reputable body shop. Read the estimate and repair order carefully. Make your preference for parts known-before repairs begin. If you don't get involved in the decision-making process before repairs actually begin, your parts preferences may not be considered.

Inspect all repairs carefully before you sign-off on the job. Following these easy tips can help protect your vehicle investment and ensure a more satisfying collision repair experience.

NAPS



If you know or need any assistance of the following services: Housing, Transportation, Translation and Form Aid, Food/Nutrition, Mental Health, Elderly Abuse, Disabilities, Legal Aid, In-Home Support Service, Health Services, Hearing, Financial Assistance, Home-Delivered Meals, and Social Services, please call us so we can help you.

Senior Central District #7 has applications for Rebuilding Together (Formerly Christmas in April), as well as Homeowner and Renter Assistance Applications.

Senior Central District #7 is a Volunteer Site.
For more information please call (415) 330-1789.
We are located at 50 Raymond Ave.
between Bayshore Boulevard and Alpha Street.

Grapevine Puzzler Orange County Towns

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Fountain	Niguel	Placentia	Rancho
Valley	Laguna	San Clemente	Westminster
Fullerton	Woods		Yorba Linda

Historic Proportions

Motch clues to answers.

1942

1. U.S. launched its largest battleship on Dec. 7.
2. On June 25 he became commander of all U.S. forces in Europe.
3. On Apr. 18 he led a lightning raid of American planes on Japan.
4. Executive Order on Feb. 20 caused internment on U.S. West Coast.
5. Captured by Japanese forces on Feb. 15.
6. First U.S. air raids in Italy here on Dec. 4.
7. Tragic Boston fire on Nov. 29 caused more than 300 deaths.
8. Now being planted in backyards nationwide.
9. World Series winners on Oct. 5.
10. Hurricane caused flooding on Oct. 16 causing thousands of deaths.
11. New magazine for U.S. soldiers debuted on June 17.
12. His Afrika Korps forced to retreat in early November.
13. U.S. started rationing this on Nov. 29.
14. Just two days later on Dec. 1, this was severely rationed by the U.S.
15. British planes bombed Nazi factories on May 30.
16. Terrible defeat for Allied forces on Apr. 9.
17. NFL champs on Dec. 13.
18. He began world trip on Aug. 26 to boost Allied solidarity.

A. Singapore
 B. Yank
 C. Victory gardens
 D. St. Louis Cardinals
 E. Cologne
 F. Washington Redskins

Five Years Ago In the Grapevine

JANUARY 1996

*More than 160 guests attended a festive dinner on Dec. 6 when Visitacion Valley Neighborhood Clinic celebrated its opening at the Community Center.

*A Season of Shoring was the theme Dec. 19 of the Visitacion Valley Elementary School Festival as parents and students joined with Nationwide Papers to donate 20 food baskets to needy families.

Sump, the Grump



Finding Disclosures in Free Internet Service Offers

You've probably seen the ads for "free" Internet service trial periods. Maybe, you've even received a CD-ROM in the mail that promises hundreds of hours of free Internet service.

If you're in the market for Internet service, the Federal Trade Commission (FTC) wants you to

know that some "free" offers may end up being high cost, long-term items. That's because

important restrictions and conditions on these offers are not always disclosed clearly or conspicuously.

Most offers for "free" Internet service are valid for only one month. At the end of the "free" month, many providers automatically sign you up for their service, unless you cancel at the end

of the free month. Unfortunately, you may not know that you have to cancel because some service providers hide this information - or don't tell you how to cancel should you want to.

Costs add up in other ways, too. For example, if you sign up for service and the service provider (ISP) doesn't offer a local phone number for you to dial in to, you'll have to pay long distance telephone charges to access the Internet. Some ISPs offer a "toll free" (800, 888 or 877) number to connect to the Internet. The FTC has found that some consumers have been charged five or six dollars an hour to use a "toll free" number.

FTC officials caution consumers to ask the ISP some key questions about their service and related conditions before using any "free" offers.

*Does the free access to the Internet last longer than one month? Offers for an advertised 500 free hours of Internet service in one month would require you

to be online for more than 16 hours a day to use all the free hours in a month.

*When does the one month of free service start? When you sign up? When you start using the service? Does the ISP automatically subscribe you to their service at the end of the free trial period? Do you have to cancel before the end of the free trial period to avoid being charged for service? How do you cancel service? Can you cancel online or by calling the service provider's phone number?

*Is there a local phone number for you to use to access the Internet? When you get the number to dial from the ISP, ask your local phone company if it's a local or long distance number. Make sure the back-up phone number you choose is local, too. If you have to call long distance for Internet service, chances are you will rack up big charges.

*If you sign up for service, are you committing to paying for the service for a year? Longer? Some ISPs require you to agree to pay for their service for at least one year and may charge a fee to cancel the service before your subscription has ended.

*If you sign up for service, when are you billed each month? If you decide to cancel service, you may want to do so before your billing date so you don't incur a monthly charge for service you don't plan to use. Remember that ISPs bill you before you use the service. If you cancel your service, does the ISP send you a notice? Get verification (e.g., cancellation number, email or letter) that your account has been canceled and check your next credit card statement to make sure you aren't still being billed by the ISP.

*Does the free access to the Internet last longer than one month? Offers for an advertised 500 free hours of Internet service in one month would require you

Wondering if You are a Confident Consumer?

Do you have the knowledge to be confident that you can avoid consumer fraud? To find out, take this quiz from the Federal Trade Commission (FTC), America's consumer protection champion.

1. True or False? A credit card bill that doesn't arrive on time may be your first clue that you've become a victim of identity theft.

True - ID thieves may call the bank that issues your card, claim to be you and ask to change the billing address of your credit card account. The imposter then runs up charges on your account. Because the bill is no longer sent to you, it could take months for you to realize there is a problem.

2. True or False? If your credit card is misused, you are responsible for paying all the unauthorized charges.

False - You can dispute unauthorized charges on your credit card bill by complaining to the bank that issued the card. Federal law limits your liability to \$50 in charges if your card is misused.

3. True or False? When shopping online, it is safest to pay by credit card.

True - Credit cards offer consumer protections you don't get with purchases you make by cash or check. If you find an error on your credit card statement, you may dispute the charge and withhold payment on the disputed amount while the charge is in dispute. The error might be a charge for the wrong amount, for something you did not accept, or for an item that was not delivered as agreed. You also may dispute charges for unsatisfactory goods or services.

4. True or False? To secure a federal government or postal service job, it is best to use an employment placement firm that specializes in federal or postal jobs.

False - You never have to pay for information about federal or postal jobs. All federal jobs are posted at www.usajobs.opm.gov. Information about postal jobs is available for free at your local post office.

5. True or False? The total price of a piece of exercise equipment that is advertised as "Four easy payments of \$19.95" is about \$80.

False - Sometimes what seems like simple math doesn't add up. Shipping charges, postage, handling, delivery or other hidden fees can add to the cost of any product. Whether you order by phone, online or in person at a retail store, find out the real cost before making your purchase.

6. True or False? The best way to learn how to avoid fraud is to learn from your mistakes.

to be online for more than 16 hours a day to use all the free hours in a month.

*When does the one month of free service start? When you sign up? When you start using the service? Does the ISP automatically subscribe you to their service at the end of the free trial period? Do you have to cancel before the end of the free trial period to avoid being charged for service? How do you cancel service? Can you cancel online or by calling the service provider's phone number?

*Is there a local phone number for you to use to access the Internet? When you get the number to dial from the ISP, ask your local phone company if it's a local or long distance number. Make sure the back-up phone number you choose is local, too. If you have to call long distance for Internet service, chances are you will rack up big charges.

*If you sign up for service, are you committing to paying for the service for a year? Longer? Some ISPs require you to agree to pay for their service for at least one year and may charge a fee to cancel the service before your subscription has ended.

*If you sign up for service, when are you billed each month? If you decide to cancel service, you may want to do so before your billing date so you don't incur a monthly charge for service you don't plan to use. Remember that ISPs bill you before you use the service. If you cancel your service, does the ISP send you a notice? Get verification (e.g., cancellation number, email or letter) that your account has been canceled and check your next credit card statement to make sure you aren't still being billed by the ISP.

*Does the free access to the Internet last longer than one month? Offers for an advertised 500 free hours of Internet service in one month would require you

As a Matter of Fact

*The first stop sign was put up in Detroit in 1814.

*Louis XIV owned 413 beds.

*The blob of glass at the end of a glass blower's pipe is called a gather.

*The green rooms found in theaters were so named because the walls were often painted green to rest the eyes of actors after exposure to bright stage lights.

*The rhea is a small South American bird that resembles the ostrich. After the female lays the eggs, the male sits on them until they hatch. He then raises the young.

*Dr. Samuel Johnson published his Dictionary of the English Language - the first comprehensive lexicographical work on English ever undertaken - in 1755.

*The first photograph of a President while in office was taken of President James K. Polk in 1849 by Matthew Brady.

*In the 1890s, the Victor Talking Machine company of Camden, New Jersey introduced the first phonograph record.

*The power to prevent legislation from being implemented is called a veto. The word is Latin for *I forbid*.

*The word vinegar came from a French word meaning "sour wine."

*There are approximately 100 different varieties of goldfish. One, the gold carp, can live to the age of 50 or more.

*Ring bearers are usually three to seven years old.

*Rhubarb was first grown in Mongolia.

*In addition to inventing the telephone and working with the deaf, Alexander Graham Bell was also president of the National Geographic Society from 1896 to 1904.

*The Belgian people are generally divided into two groups: Flemings and Walloons. Flemings live in the north and speak Dutch; Walloons live in the south and speak French.

*Hot water weighs more than cold.

*It's said early Americans referred to the blackberry as a brambleberry.

*The American Society for the Prevention of Cruelty to Animals was founded in 1866 by Henry Bergh.

*In her left arm, the Statue of Liberty cradles a tablet bearing the date of the Declaration of Independence in Roman numerals: MDCCCLXXVI.

*The city of Venice lies on an island in the Adriatic Sea.

*Cabbages are related to the mustard plant.

Prescription Drugs:

Misuse Won't Cure What Ails You

by Alan I. Leshner, Ph.D., Director, National Institute on Drug Abuse

Recent publicity about arrests and overdose deaths of people misusing painkillers and other prescription drugs highlights the increasing abuse of these drugs.

Although prescription drugs improve the lives of millions of Americans, some of these drugs - opioids, sedatives, and stimulants - can also be dangerous and addicting.

Opioids, sometimes referred to as narcotics such as morphine, codeine, oxycodone (OxyContin®), and hydrocodone (Vicodin®), ease patients' pain.

Sedatives, or central nervous system depressants, including barbiturates and benzodiazepines, are used to treat anxiety and sleep disorders.

Stimulants are prescribed for narcolepsy, attention deficit hyperactivity disorder (ADHD), and obesity.

Abuse of these types of prescription drugs can lead, in some cases, to dependence and possibly to addiction. The latest figures show that in 1999 more than four million Americans - almost two percent of the population aged 12 and older - were currently using prescription opioids, sedatives, tranquilizers, and stimulants for non-medical reasons.

To bring attention to this serious public health problem, the National Institute on Drug Abuse (NIDA) and several organizations representing the pharmaceutical industry, pharmacists, family physicians, and drug stores, as well as AARP and the National Council on Patient Information and Education, are launching a public education initiative on the misuse, abuse, and addiction of prescription drugs.

Reports of misuse of prescription drugs in older adults, adolescents, and women

are worrisome. Older Americans take prescription medicines three times as often as the rest of us, yet the elderly are least likely to use their medications correctly.

The number of new prescription drug abusers has increased among young people between 12-25 years old. In the same 1999 survey, 12-14 year olds named psychotherapeutics such as painkillers, sedatives, and stimulants as drugs they used frequently.

Overall, adult men and women use prescription drugs non-medically in equal numbers. However, some studies suggest that women may be more likely to be prescribed an abusive prescription drug.

Health care providers, pharmacists, and patients all play a role in preventing prescription drug misuse and abuse.

Doctors should ensure that patients understand how to use prescribed medications and should also be alert to signs of patient drug abuse.

Pharmacists can help by clearly telling patients how to take a medication, as well as explaining side effects and potential drug interactions.

Patients should make sure they know how to use their medication, ask questions about their prescriptions, and read the printed information provided by the pharmacist. Patients should always talk to their doctor or pharmacist before increasing, decreasing, or stopping any medication.

While it's important to remember that prescription drugs can relieve a variety of medical problems, these same drugs can be dangerous and even deadly when misused or abused.

For more information, visit the National Institute on Drug Abuse's Web site at www.drugabuse.gov or call the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686.

NAPS

Visitacion Valley Police Log

*Nov. 2: 6:15 a.m., Santos St. & Brookdale Ave., robbery on street, strong-arm.
 *Nov. 3: 7 p.m., 300 block of Leland Ave., burglary, residence under construction, forcible entry.
 *Nov. 4: 12:45 p.m., 2500 block of Bayshore Blvd., grand theft from locked auto.
 *Nov. 4: 3 p.m., 1800 block of Geneva Ave., grand theft from locked auto.
 *Nov. 4: 8 p.m., 1900 block of Sunnydale Ave., burglary of residence, unlawful entry.
 *Nov. 5: 10:50 a.m., 1400 block of Visitacion Ave., burglary of residence, forcible entry.
 *Nov. 7: 1:20 p.m., 200 block of Blythdale Ave., aggravated assault with deadly weapon.
 *Nov. 9: 9 p.m., 400 block of Leland Ave., burglary, forcible entry.
 *Nov. 10: 2 p.m., 400 block of Leland Ave., burglary of apartment house, forcible entry.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

*Jan. 5: *Pretend Stained Glass* - Make a butterfly or unique collage using crayons and waxed paper.

*Jan 12: *Wildflower Seedlings* - Use recycled materials to make a seed starter and grow California native plants.

*Jan 19: *Sea Otter Puppets* - Learn about the world of sea otters and make a sea otter puppet to take home.

Don't miss the fun of *Mushroom Day* on Jan. 26 from 10 a.m. to 3 p.m. cosponsored by the Mycological Society of San Francisco.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

January 2002

	1	2	3	4	5
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30	31	

San Francisco City Meetings

Aging 1st Wed 9:30a, Airport 1st/3rd Tu 3p; Arts 1st/Mon 3p; Education 2nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p; Visitacion Valley Community Center Mondays: Senior Shopping 11:30 a.m.; Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; Thursdays: Sewing Class 9 a.m.-3 p.m.; VVCC Regular Board Meeting, held the 4th Thursday of each month at 5 p.m. (No meeting in December; 2nd Saturday of May 2002).

San Francisco City Services

ABANDONED CARS 781-JUNK
 ANIMAL CONTROL 554-6364
 BUS SHELTER DAMAGE 882-4949
 CITY TREES (trimming) 695-2162
 CRIME STOPPERS (anonymous) 1-800-2GIVEINFO
 DOMESTIC/FAMILY VIOLENCE 864-4722
 DPW (days) 695-2017; (nights/weekends) 895-2020
 EMERGENCY SERVICES 9-1-1
 EMERGENCY SERVICES (cell-phone) 553-8090
 GARBAGE SERVICE COMPLAINTS 255-3610
 GRAFFITI CLEANUP (DPW) 241-WASH
 GRAFFITI SUSPECT INFO 553-1603
 INGLESTIDE STATION (Anonymous 333-3433) 553-1603
 LELAND AVENUE RESOURCE CENTER 585-2675
 MAYOR'S OFFICE 554-7111
 MAYOR'S NEIGHBORHOOD SERVICES 554-6110
 NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT
 PARKING AND TRAFFIC PROBLEMS (DPT) 553-1200
 POLICE (non-emergency) 553-0123
 POTHOLE REPAIR 695-2100
 SAFE (neighborhood watch groups) 673-SAFE
 STREET LIGHTING CITY (out of order) 554-0730
 STREET LIGHTING PG&E (wood poles) 693-3201
 SUNNYDALE RESOURCE CENTER 586-7572
 TRAFFIC SIGNALS (out of order) 550-2736
 TRAFFIC ENGINEERING 554-2300
 VVCS ANONYMOUS HOTLINE 281-8406

*Nov. 11: 12:25 p.m., 1500 block of Sunnydale Ave., aggravated assault with knife.

*Nov. 14: 6:38 p.m., 200 block of Raymond Ave., robbery, bodily force

*Nov. 14: 11:59 p.m., 200 block of Raymond Ave., grand theft from locked auto.

*Nov. 15: 8:55 p.m., 200 block of Blythdale Ave., aggravated assault with deadly weapon.

*Nov. 16: 5:40 p.m., Arleta Ave. & Rutland St., attempted robbery on street with bodily force.

*Nov. 17: 7 p.m., 300 block of Leland Ave., burglary of residence, forcible entry.

*Nov. 18: 6:01 p.m., Hahn St. at Sunnydale Ave., attempted homicide with gun.

*Nov. 18: 7:05 p.m., 100 block of Blythdale Ave., aggravated assault with gun.

*Nov. 19: 6:10 p.m., Rutland St. near Teddy Ave., robbery, bodily force.

*Nov. 19: 6:45 p.m., Sunnydale Ave. & Hahn St., robbery on street, strong-arm.

*Nov. 19: 10 p.m., 300 block of Leland Ave., burglary, unlawful entry.

*Nov. 21: 9:40 a.m., Geneva Ave. & Santos St., grand theft from person.

*Nov. 21: 6:05 p.m., Arleta Ave. & Alpha St., robbery on street with dangerous weapon.

*Nov. 21: 7 p.m., 100 block of Blythdale Ave., aggravated assault with gun.

*Nov. 24: 1:30 a.m., 200 block of Hahn St., carjacking with bodily force.

*Nov. 25: 8 a.m., 300 block of Leland Ave., burglary, store under construction, forcible entry.

*Nov. 25: 10:30 a.m., Geneva Ave. & Santos St., robbery, armed with dangerous weapon.

*Nov. 25: 6:30 p.m., 1800 block of Sunnydale Ave., burglary, hot prowl, forcible entry.

*Nov. 26: 7:30 a.m., 1900 block of Sunnydale Ave., residence burglary, attempted forcible entry.

*Nov. 26: 9 a.m., 400 block of Wilde Ave., burglary of residence, unlawful entry.

*Nov. 27: 7 p.m., 200 block of Peabody St., grand theft from locked auto.

*Nov. 29: 100 block of Ordway St., burglary, hot prowl, attempted forcible entry.

*Nov. 30: 6:45 p.m., 1200 block of Sunnydale Ave., burglary, unlawful entry.

*Nov. 30: 11 p.m., 400 block of Raymond Ave., grand theft from

building.

*Dec. 3: 6:46 a.m., 2100 block of Geneva Ave., robbery on street, strongarm.

*Dec. 3: 12:30 p.m., 400 block of Raymond Ave., grand theft from locked auto.

*Dec. 3: 10:30 p.m., 1700 block of Sunnydale Ave., grand theft of property.

*Dec. 4: 5 p.m., 1600 block of Sunnydale Ave., attempted robbery on street with bodily force.

*Nov. 11: 12:25 p.m., 1500 block of Sunnydale Ave., aggravated assault with knife.

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It Happened in the Valley in 2001



Construction continued throughout 2001 on John King Senior Community (left). On Mar. 24, Mayor Willie Brown came to Visitacion Valley to dedicate Hans Schiller Plaza on Leland Avenue at Peabody Street.

Among the many events that shaped Visitacion Valley in 2001:
*District 10 Supervisor Sophie Maxwell Visitacion Valley residents on Feb. 3 for the first of several weekend neighborhood clean-up campaigns sponsored by the Mayor's Office and the Department of Public Works.

*Construction continued on Raymond Avenue at Sawyer Street on the John King Senior Community, a new complex that will feature 90 units of low-income senior housing and a child care center.

*Village Director Vernon Long was honored Mar. 4 during a public worship service of Ridge View United Methodist Church.

*Mayor Willie Brown gave an encouraging presentation on Mar. 24 during a ribbon-cutting ceremony at Hans Schiller Plaza.

*St. James Presbyterian Church celebrated the 95th anniversary of its founding with a special Sunday service on Apr. 29.

*North East Medical Services (NEMS) celebrated the grand opening of its Visitacion Valley clinic at 82 Leland Ave. on May 10.

*Hundreds of parents and children

attended a sold out Evening Talent Show on May 17 at VVES sponsored by the PTA.

*More than 100 firefighters battled a stubborn wind-powered blaze on June 19 which burned 60 acres of dry grass around noon at Crocker Amazon Park.

*Soil and groundwater work was started in June adjacent to PG&E's Martin Service Center.

*Representatives of several San Francisco departments joined Supervisor Maxwell at the Visitacion Valley Community Center on July 21 as neighborhood residents gathered to acquire information and get their questions answered at a Town Hall Meeting.

*Friends and neighbors got together Sept. 22 for a day of fun, food and entertainment as Visitacion Valley celebrated its fourth annual Neighborhood Day at Herz Playground.

*Visitacion Valley residents attended two community forums hosted by Urban Ecology and Supervisor Maxwell on Nov. 14 and 17 at the former Schlage Lock auditorium to help determine what new development could take place in the neighborhood.

Bay Area Composer Opens Early Child Music Center

Paul Godwin, an award-winning Bay Area composer, has opened Music Together of San Francisco offering music and movement classes for children ages birth through four years and their parents or caregivers. In San Francisco, Music Together classes are given weekday mornings at St. Gregory's of Nyssa Episcopal Church on De Haro Street at Mariposa on Potrero Hill. Winter semester starts Monday Jan. 7 with registration now open.

Godwin's professional musical life runs the full gamut from composing national television commercials for Sprite and Budweiser to scoring feature films such as "Road Scholar."

Godwin scores music for Berkeley Repertory Theatre, The Webby Awards and was Lead Composer for the girl-games company Purple Moon. In 1997, Godwin was a California Music Award nominee for his ambient music project *Dogon*. In 1988, he received the prestigious Gold Lion from Cannes Film Festival, for his work on the *Ikea* television campaign. He is a graduate of Boston's Berklee College of Music and did further undergraduate work at Northwestern University.

After becoming a parent last year, Godwin became interested in searching out new alternatives in music education for infants and toddlers in San Francisco.

"As a composer, I was searching for children's music that went beyond *The Itsy-Bitsy Spider*." My standards were high for teaching fresh, varied and world-music oriented songs that children could easily learn."

Music Together answered his prayers. Founded in 1985 in Princeton, NJ, Music Together brings together songs from around the world and through simple instrumental play, rhythm chants, songs and movement, creates opportunities for infants and toddlers to model the musical behavior that their parents and caregivers exhibit.

Godwin's program has definitely filled a need in the city. From word-of-mouth and a few flyers handed out at the playgrounds, his center launched with some 60 families in the first semester. The winter semester will offer twice the number of classes and he is adding an additional teacher as well.

"This class has given us a founda-

tion for music in all aspects of both our lives," said Clare Wadbrook, mother of two-and-a-half year old Jack. "It is wonderful to share my son's joy and to know the gift of music I am giving him. Paul brings an energy and enthusiasm to his classes that reverberate into the whole week."

About Music Together

Music Together is a music and movement approach to early childhood that develops every child's opportunity for basic music competence by encouraging music experience rather than learning of information about music. Families are encouraged to attend class together, so younger children and older children in the same family can learn music and movement activities to enjoy at home. Parents also enjoy the classes because their skills and appreciation increase, too.

In a Music Together class, twelve children and their parents or caregivers (nanny, babysitter, grandparent) meet for 45 minutes each week for ten weeks to experience new songs, chants, movement activities, and instrumental jam sessions. Both adults and children sit in the circle and participate, led by a teacher with early childhood and music skills. The teacher helps adults understand how to participate and the importance of relaxing and enjoying the activities with their children.

Children have many opportunities to create and to play – making up rhythm patterns, making up new words to songs, and making up movements to express a sound. Some children simply stare and 'study' the activity as they absorb the musically rich environment. Others sing, play, and dance freely because they know the songs and chants from the songbook and recording they take home. All experience a comfortable, encouraging environment that respects the individual temperaments and learning styles. Twelve to fourteen activities are included in each class ranging from free movement to songs in unusual tonalities and unusual meters.

Each semester Music Together presents a new collection of unique and wonderful music. Not just the old standards, but fresh songs from around the world, originally recorded on beautiful CDs, cassettes and songbooks, which parents and children receive with their registration.

The national Music Together program has been developed in Princeton, New Jersey by coauthors Kenneth K. Guilmartin and Lili M. Levinowitz.

"We believe that every child is musical, and that each child needs a stimulating, supportive music environment to enjoy the wonderful human capacity for music-making," said Guilmartin. "Parents may be surprised to find that they can support their child's musical development regardless of their own background in music." Paul Godwin, the director/teacher of Music Together of San Francisco, trained with Guilmartin in whom he found a mentor and kindred spirit. Both Godwin and Guilmartin spent their first careers in music as composers for theatre, film, dance and multi-media. They both became parents and began doing music at home with their children. Godwin entered his son in a Music Together program in Berkeley and after experiencing the classes first-hand as a parent, he trained with Guilmartin and decided to open his own center in San Francisco.

"I have really noticed that my daughter is growing and learning from her experience," said Lucy Smiles, mother of Georgia, age one and a half. "When she hears music, she lights up and begins to clap her hands or move her little feet. She is discovering the world in a whole new way. Our teacher, Paul makes this all possible. His enthusiasm spills into every one of the kids and adults. His understanding of music is outstanding and he takes as much interest in our own kids development as we do. He makes music fun for all of us and makes us see that we are each capable of being musicians."

In San Francisco, Music Together offers Monday through Thursday morning classes at St. Gregory of Nyssa Episcopal Church at 500 De Haro St. at Mariposa on Potrero Hill. Friday classes are given at 2 and 3pm at Metronome Block Party, 300 De Haro St. at 17th St. also on Potrero Hill.

Thursday classes are being offered in Pacifica in the historic Pedro Point Firehouse, 1227 Danmann Ave. at 9:30 and 10:30 a.m.

For more information about Music Together, contact Music Together LLC at 1-800-728-2692 or on the web at www.musictogether.com.

How to Catch the Bandit That is Hiding in Your Mailbox

The Federal Trade Commission (FTC), the U.S. Postal Inspection Service (USPIS), the Securities and Exchange Commission (SEC) and your state Attorney General want you to know how to catch the bandit in your mailbox—a scam artist who sends you fraudulent offers that are too good to be true. Most mailbox scams are variations on a theme. They usually promise easy money or "guarantee" that you'll win a "fabulous" prize or vacation. The FTC suggests you toss any mail that fits these descriptions:

*An offer for a "free," "prepaid" or "special" magazine subscription. It will end up costing you years of monthly payments for magazines you don't want and could get elsewhere for less.

*A postcard that never mentions subscriptions but entices you to call a telephone number about a contest, prize or sweepstakes. You'll pay for a "900" toll call and get a sales pitch for magazine subscriptions. The merchandise you are required to buy often cost far more than your guaranteed "prize."

*An announcement that you're the winner of a free vacation trip and just have to pay a service fee. "Free" is not the same as "fee." More than likely, your "dream" vacation ends up a nightmare.

*A check that, if cashed, automatically signs you up to be billed for products and services you may not want or need, such as Internet access or membership in a Web directory.

*A solicitation for a foreign lottery ticket or a secret system to make sure you win. It's illegal to buy cross-border lottery tickets by mail or phone. What's more, why would a stranger share a secret with you, especially by mail? Even worse, these bandits sell lists of names of people who have been conned before because the chances are they'll take the bait again.

*An invitation to join a pyramid scheme that offers commissions for recruiting distributors, not for making

sales. Without new distributors, the pyramid collapses and only those at the very top make any money. Pyramids are illegal.

*An advance fee loan or credit card offer that guarantees credit with no check on your financial history. A legitimate creditor would never make promises like this and you'll pay as sorted fees totaling hundreds of dollars.*A slick pitch for credit repair at a price. Federal law prohibits upfront fees for credit repair. The truth is you can help yourself to rebuild a better credit record. Only time, a deliberate effort, and a personal debt repayment plan will improve your credit.

*An appeal for a phony charity that sounds like a legitimate one. It will give a P.O. Box instead of a street address and phone number and a sad story to

How to Keep Good Memory on Your Mind
Here's good news for anyone who wants to boost their brain power. Doctors recommend the following tips for helping to improve a person's memory.

*Exercise to be wise. The old adage "use it or lose it" may hold true for brain functioning. A recent study in the Archives of Neurology reports that exercise significantly cuts a person's risk of Alzheimer's and other memory loss. It is thought that exercise is beneficial because the activity helps maintain blood flow and lowers high blood pressure and cholesterol—all of which can affect the brain.

*Jog your memory. Similarly to physical exercise, studies suggest that mental exercise can help maintain memory health. Experts say activities ranging from the simple—writing, associating names with places—to the more complex—playing chess, card games or crossword puzzles—can keep memories sharp. In addition, regular social activity has been shown to increase memory function.

*Supplement your memory. Many people take supplements and vitamins to

slow memory loss. Vitamin E, for example, is an antioxidant capable of neutralizing free radicals that can damage brain cells. In addition, both phospholipids and specific fatty acids have been found to help compensate for memory loss caused by age, stress, diet and more. Experts say that may be why supplements such as Senior Moment® (which uses specific fatty acids and phospholipids) are expected to be effective at slowing memory loss. The supplement works by incorporating the nutrients found in the human brain into the brain's structure, in the same ratio as that of healthy, normally functioning brains.

*Food for thought. When it comes to the mind, diet does matter. Nutritionists say a balanced diet that includes fish, fiber and leafy green vegetables can help people think clearly, feel alert and help keep memory clear.

For more tips on improving memory consult your healthcare provider. To learn more about supplements like Senior Moment®, visit www.seniormoment.com.

Domestic Oil is Vital to U.S. Victory Over Terror

by Sterling Burnett

The horrific terrorist attacks in New York and Washington, D.C. have made National Security the number one domestic policy priority. Yet this means more than just tightening security at airports. To shore up national security, the United States must reduce its dependence on foreign oil.

This became evident mere hours after the terrorists' attacks, when many parts of the country experienced sharply rising gasoline prices. Prices rose, in part, as a result of gas station owners' fear that a war was about to break out in the oil-rich Persian Gulf region, which would reduce the supplies of oil for gasoline and raise their cost.

America has large deposits of oil under its public lands and offshore. For example, the Arctic National Wildlife Refuge (ANWR) likely contains between six and 16 billion barrels of oil and as much as 28 trillion cubic feet of natural gas. Oil and gas production are forbidden, however, due to environmental concerns.

It is time to choose: our national security and saving American lives, or marginally protecting sea birds and otters. Six billion barrels of oil, the minimum expected to be recovered from ANWR, would replace all of the oil imported from Iraq for the next 50 years. And, the natural gas estimated in ANWR exceeds current U.S. annual natural gas consumption.

High energy prices are a sign of scarcity and signal that there is profit to be made by those who can bring new supplies of fuel to the market. New production increases supplies, eventually driving prices down. Price controls on energy only guarantee continued scarcity, since it tells potential oil entrepreneurs that their risky and expensive quest for new oil fields will not be rewarded.

America does not need complete energy independence. Relying only on domestic oil supplies when less expensive foreign alternatives are available would be as foolish as our current policy of dependence.

A sound energy policy would allow us access to cheap, abundant foreign energy when political winds are favorable, while removing political obstacles to domestic production so that tin-pot dictators and terrorists can no longer hold America's prosperity and foreign policy hostage.

For these and other related safety tips, visit www.nesf.org or call 703-841-3229.

who do not."

Yet, from the Arab oil embargo, through the Gulf War to today, the U.S. remains dependent upon often hostile or politically unstable foreign nations for a majority of our oil. Now, while our nation's memory is clear and our will is focused, is the time to end this blood for oil trade.

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